

1Whole wheat biscuitrevised180 1=1grain serv

Number of Servings: 180 (47.95 g per serving)

Amount	Measure	Ingredient
8 1/2	qt	Flour, whole wheat, whole grain
1 1/4	cup	Baking Powder, double acting
7.00	Tbs	Cream of Tartar
9 1/2	Tbs	Sugar
5.00	cup	Margarine, soft, safflower oil
3.00	qt	Milk, nonfat/skim, w/add vit A & D

Nutrients per serving

Nutrition Facts			
Serving Size (48g)			
Servings Per Container			
Amount Per Serving			
Calories 120	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 230mg	10%		
Total Carbohydrate 18g	6%		
Dietary Fiber 2g	8%		
Sugars 1g			
Protein 4g			
Vitamin A 6%	Vitamin C 0%		
Calcium 4%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Mix together flour, baking powder, cream of tartar and sugar. Cut in shortening with pastry blender until mixture resembles coarse crumbs. Add milk all at once. Mix until just moist but still crumbly.

Use level #24 scoop to scoop each biscuit (or #12 scoop divided for 2 biscuits) and place on baking pan sprayed with nonstick spray. Pat down each biscuit to 1/2" thick.

Bake at 400 degrees F for 9 to 12 minutes until lightly browned.

1 biscuit = 1 whole grain serving

1 biscuit = 16 grams carbohydrate = 1 carb serv